

ABSTRACT

Title: Physiology of deep safety stops and their importance during diving

Objective: Explanation of physiology of deep safety stops and their importance during diving. Presentation of the physiologically optimal method of accomplishing the deep stops.

Methods: Summary of the available information concerning the physiology of deep safety stops and also the physics and physiology of diving connected with the subject. Follow-up clearing the importance of these stops for divers.

Results: Inclusion of deep stops to decompression profile is very important for a diver, they prevent milder forms of decompression sickness and improve the feeling well being after a dive. Physiologically and economically optimal way seems to be method of Goege Irvine and then method calculated by bubble models.

Keywords: diving, decompression methods, deep stops